

9/23/16 – Colorado Federal Executive Board (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

KNOW YOUR GOVERNMENT

The purpose of the system of checks and balances in the Constitution is to ensure that

- a) The federal courts are independent
- b) The president has the power to control Congress
- c) The military is under civilian control
- d) One branch does not dominate the others
- e) Congress has a role in foreign policy

* See below for answer

###

DENVER FEDERAL WELLNESS CENTER CONGRATULATES ITS MANAGER

Please join the CFEB in congratulating Kiel Hovland who was named Employee of the Year by the Colorado Staffing Association!

This decision was certainly to the benefit of the federal community and members of the Wellness Center and we are fortunate to have Kiel in our ranks.

Contact Kiel to tour the fitness facility and save on annual memberships!

khovland@colorado.feb.gov | 303 236 6911

###

FEDS FEED FAMILIES

Once again federal employees in Colorado generously donated 120,982 lbs. of food during this summer's food drive. A huge thank and kudo's to Bart Bushman, USDA FNS for coordinating another successful campaign!

###

GATE 2 CLOSURE – DENVER FEDERAL CENTER – OCTOBER 1, 2016

Beginning October 1, 2016, Gate 2 of the Denver Federal Center will be closed to deliveries and employee traffic through the spring of 2017. Due to significant damage from heavy truck traffic from the recently completed Phase I of the Downing Reservoir Soils Remediation Project.

###

SHOWCASE YOUR CREATIVE TALENT!

Fifth Annual Federal Employee Art Show

REGISTER ONLINE by **October 7, 2016 (Registration was extended)**

<http://www.nationalartsprogram.org/state-of-colorado-federal-government/state-of-colorado-federal-governmentco-2016-registration-form>

The National Arts Program® was established in 1982 to identify, showcase, and reward the visual artistic talent in America. With over 80 exhibitions held in 38 states, artists of varying skill levels, from youth to professional produce around 15,000 pieces of visual art each year. Artists compete for cash prizes & the competition is open to federal employees & their immediate family members in Colorado.

CONTACTS

Nancy Mack | 303 236 0652 | nancy.mack@gsa.gov

Carolyn Gilroy | 303 236 1551 | carolyn.gilroy@gsa.gov

###

READING PARTNERS NEEDS TUTORS

readingpartners.org/volunteer | volunteer@readingpartners.org

This year, more than 11,000 students across the country will be enrolled in the Reading Partners program, and they need tutors to ensure students receive the reading support they need. To get started, please complete the online registration process.

###

Federal Long Term Care Insurance Program (FLTCIP) Premium Increase Briefings & Personal Counseling Sessions

www.LTCFEDS.com

For current policy holders only. You must bring your benefit option letter with you to the consultation.

September 27, 2016 | 9:00 - 11:30 am

Denver Federal Center | Bldg. 25 | CFEB Training Room

9:00 Briefing by Paul Forte, CEO Long Term Care Partners

9:30 Individual Counseling Sessions on a first come first serve basis

Free | ONLINE REGISTRATION REQUIRED <https://colorado.feb.gov/register/?ee=356>

September 27, 2016 | 1:30 - 4:00 pm

EPA | 1595 Wynkoop | 2nd Floor

1:30 Briefing by Paul Forte, CEO Long Term Care Partners

2:00 Individual Counseling Sessions on a first come first serve basis

Free | ONLINE REGISTRATION REQUIRED <https://colorado.feb.gov/register/?ee=357>

September 28, 2016 | 9:00 am - Noon

USDA Campus | 2150 Centre Ave | Bldg. A Rm 119 | Fort Collins CO

Individual Counseling Sessions on a first come first serve basis

Free | ONLINE REGISTRATION REQUIRED <https://colorado.feb.gov/register/?ee=358>

September 29, 2016 | 9:00 am - Noon

Fort Carson Transition Service Program | 1626 Elwell St Bldg. 6237, 2nd Floor | Fort Carson CO

Individual Counseling Sessions on a first come first serve basis

Free | ONLINE REGISTRATION REQUIRED <https://colorado.feb.gov/register/?ee=359>

###

CFEB RETIREMENT PLANNING CLASSES

<https://colorado.feb.gov/events-training/retirement-classes/>

###

UNIVERSITY OF COLORADO MINI-SCHOOL ON GLOBAL AFFAIRS

Tuesdays in October - November | 7:00 - 8:30 pm

Student Commons Room 1500 | Auraria Campus

FREE | Register online <https://gs.ucdenver.edu/miniglobal/register/>

###

SEPTEMBER

CONFERENCE ON NATIVE AMERICAN NUTRITION

September 26-27, 2016 | Prior Lake MN

<http://seedsofnativehealth.org/conference/>

###

WORKPLACE HARASSMENT - Using Accountability to Create a Better Work Environment for All

September 28, 2016 | 11:30 am – 1:00 pm | Denver Federal Center | Bldg. 20 Foord Conference Room, Lakewood CO | Cost: Free

Join the Denver Federal Center Chapter of Federally Employed Women (DFC-FEW) for an informative review of the EEOC Workplace Harassment Report and the progress that has been made in 30 years.

Kerbi Jacobson | 303 887 4839 | KerbiFEW@gmail.com
<https://drive.google.com/file/d/0B6nPGoTdm81XdHpZTnJXNTRIT0htZl9HQnFMRV9rRE1FSFVv/view?usp=sharing>

###

AMERICA'S PREPAREATHON – DAY OF ACTION

September 30, 2016 | <https://community.fema.gov/> | A 508-compliant version of this memorandum is posted online for the benefit of visually-impaired readers at:
<https://www.chcoc.gov/content/america%E2%80%99s-prepareathon-%E2%80%93-september-30-2016-%E2%80%93-day-action>

###

OCTOBER & BEYOND

10TH ANNUAL VETERAN'S RESOURCE & JOB FAIR

October 1, 2016 | 9:00 am - 1:00 pm | Hudson Gardens | 6115 S. Santa Fe Drive, Littleton, CO | Free - Open to Public

###

BLUEPRINT TO EXCELLENCE SUPERVISORY ACADEMY

October 18-20, 2016 | 8:30 am - 4:00 pm | Fort Collins CO
\$290.00 | Online Registration Required | <https://colorado.feb.gov/register/?ee=353>
CONTACT Dave Cawrse | 970 295 5780 | dcawrse@fs.fed.us

Transforming Federal Supervisors into Leaders. The 3-day training fulfills annual supervisory training requirements and addresses core competencies in Strategic Thinking, Flexibility, Resilience, Conflict Management, Developing others, Team Building, Customer Service, & Human Capital Management. This training is presented by the Colorado Federal Executive Board Northern Colorado Council.

###

FEDERAL FORUM ON RESILIENCY AND WELLNESS IN THE WORKPLACE

October 20, 2016 | 8:00 am – Noon

Department of the Interior Training Center | 7401 W Mansfield Dr | Denver CO 80235
Durango/Telluride Conference Room

FREE | Online Registration Required | <https://colorado.feb.gov/register/?ee=355>

AGENDA | <https://colorado.feb.gov/health-fitness/national-prevention-strategy/>

CONTACT Linda Stopp | 303 844 7891 | linda.stopp@hhs.gov

###

IMPROVING BEHAVIORAL HEALTH THROUGH TECHNOLOGY

October 20 or 21, 2016 | 8:00 am - 4:45 pm | Elkhorn Conference Center | 1725 Woodfill Rd
Bldg. 7300 | Fort Carson CO

These are two one day workshops aimed to train DoD and VA behavioral health providers on the core competencies of the use of health technologies in clinical care, including mobile applications and websites to support behavioral health, developed by the Department of Defense and Department of Veterans Affairs.

Register by emailing | Lisa Hutchins | lisa.r.hutchins.ctr@mail.mil | Please specify registration for either 20-October or 21-October

###

MAKE a DIFFERENCE DAY

October 22, 2016 | <http://makeadifferenceday.com/>

For the second year, the Colorado Federal Executive Board's (CFEB) Workforce Development Council (WDC) is soliciting volunteer opportunities at charitable organizations throughout Colorado on Make a Difference Day. In 2015, 116 feds volunteered at 11 nonprofit organizations in Colorado and we hope to double that effort in 2016!

###

CAREER MENTORING FORUM

by Federal Executives for Federal Employees

October 26, 2016 | 11:30 am - 12:30 pm
Denver Federal Center | CFEB Training Room | Bldg. 25 | Lakewood CO

Free | Online Registration Required <https://colorado.feb.gov/register/?ee=328>

EXECUTIVE MENTORS

NANCY DRAGANI | FEMA Regional Administrator

SALLIE HOUSER-HANFELDER | VA VHA Director

The CFEB Workforce Development Council (WDC) offers two mentoring forums each year. The council initiated these free mentoring workshops in 2014 after identifying the need for a mentoring program to help grow leaders and enhance professional development across the local federal workforce. The forums connect federal executives with employees seeking career advice and provide a venue for leaders to share information about their career journey including challenges, inspirations, successes, and work life balance. The forums give you exposure to senior leadership, enhances your professional development, and improves communication within the federal community.

###

CFEB QUARTERLY MEETING & TRAINING ***DELIVERING OUTSTANDING CUSTOMER SERVICE***

October 27, 2016 | 7:30 - 11:00 am

Denver Federal Center | CFEB Training Room | Bldg. 25 | Lakewood CO

\$28 | Online Registration Required <https://colorado.feb.gov/register/?ee=320>

SPEAKERS

- ♦ SHEP HYKEN, CSP, CPAE is the CAO (Chief Amazement Officer of Shepard Presentations)
- ♦ MARK GASTA, Executive Vice President and Chief People Officer for Vail Resorts Management Company

###

MILE HIGH DICE ***Annual CFEB/FEMA Tabletop Exercise on Cybersecurity***

November 10, 2016 | 8:30 am – 3:45 pm

LOCATION

Federal Bureau of Prisons National Corrections Academy

11900 East Cornell Avenue, Unit C | Vail Room | Aurora, CO 80014

FREE | ONLINE REGISTRATION REQUIRED

<https://colorado.feb.gov/register/?ee=354>

Before you go online to register, make sure you have the name, phone and email of each team member that will attend!

TARGET AUDIENCE

- ♦ Federal Agencies | Cities | Counties | State Government (FEMA Region VIII-CO, MT, ND, SD, UT & WY) | Private Sector | Educational Institutions | Nonprofit Organizations
- ♦ Every agency/organization is encouraged to bring a team of seven (7) people to the exercise. One person from each team will take on the role of facilitator during the afternoon exercise.
- ♦ Recommended team members include Executive leadership, IT, HR, PIO, financial, records management, legal counsel, & continuity of operations staff

PURPOSE

- Mile High DICE provides a forum for interagency coordination and improvement of cyber response/contingency plans and continuity plans.
- The 2016 theme is cybersecurity, which is the RISC (Regional Interagency Steering Committee) priority this year.
- DICE establishes a learning environment for participants to improve their understanding of a cyber incident and examine response/contingency plans to determine their ability to continue their mission essential functions.

OBJECTIVES

- Develop a common understanding of:
 - Cybersecurity threats and vulnerabilities
 - Cyber resources available from the government
- Identify cyber gaps or vulnerabilities that could disrupt delivery of mission essential functions
- Discuss response and recovery of mission essential functions following a cyber event
- Deliver sample tools that will assist in the development of a cyber annex in the organization's plans.

###

DENVER VETERANS DAY 5K & 10K RUN

November 13, 2016 | 8:00 am | Denver City Park | <http://www.denerveteransday.com/run/>

###

OPM WMDC LEADERSHIP PROGRAMS CATALOGUE

<https://colorado.feb.gov/wp-content/uploads/2016/04/2016-OPM-WMDC-Courses.pdf>

###

DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS

Register | <http://www.denvergov.org/oem> | DenverCERT@denvergov.org | 303 725 3084

###

TRAINING @ DOI UNIVERSITY

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood> |
<https://doiu.doi.gov/catalog.html?type=c>

###

DENVER FEDERAL CENTER DAM GOOD SPEAKERS TOASTMASTERS CLUB

Tuesday's | 11:30 am - 12:30 pm | DFC Building 67, Room 610 | Denver CO

CONTACT Jon Damiano | 303 445 2461 | jdamiano@usbr.gov

<http://damgoodspeakers.toastmastersclubs.org>

###

VAN & CARPOOL

COLORADO SPRINGS TO LOCKHEED MARTIN FACILITY on West Deer Creek Canyon Rd

TEJON P&R | North Gate Area to LM-DCF DUTY HOURS | Mon - Fri | 6:00 am - 3:30 pm | (Federal Pay Dates Off) CONTACT | Bobby Adams | 719 246 4884 | bobby.adams@dcma.mil

Vanpools needing riders are listed on the CFEB web site

<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to gpage@colorado.feb.gov

###

HEALTH DOES MATTER

Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Thursday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | dotys1@yahoo.com

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds
CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #
ONLINE | www.kpfedtalk.org | Code kpfedtalk1 | Follow prompts for audio

Connect with FEDSTRIVE Region 8

Facebook - <https://www.facebook.com/FedStriveR8>
www.FOH.hhs.gov

Mile High Walking Club – Byron G Rogers Building

Every Monday | 12:00 – 12:30 pm | Meet right outside of the Byron Rogers Building
Every Wednesday | 11:30 am – 12:00 pm | Meet right outside of the Byron Rogers Building
Free, open to all federal employees & contractors
Brittany Plaven | 303 844 7333 | Brittany.plaven@foh.hhs.gov

BONFILS DFC BLOOD DRIVE

2nd Thursday of each month | 8:00 am - 1:30 pm
Denver Federal Center | Bldg. 67 | Hungry Horse Room
SCHEDULE AN APPOINTMENT | www.bonfils.org (site code is 2015) | 303 363 2300
Betty Palcsak | 303 236-6905 | bpalcsak@usgs.gov

###

LIGHTEN UP!

Do you think shaving cream really softens your beard, or is it just so you don't lose your place? - **Jackie Flynn**

###

PETS OF THE WEEK

Adopt a pet and save a life

Rosie | Shepherd/Hound Mix | Female | 1 year old

MY FAIRY DAWG MOTHER RESCUE | 720 939 7017 | <http://www.dogrescuecolorado.org/>

Delilah (175988) | Cat | Female | 5 years old

FOOTHILLS ANIMAL SHELTER | 303-278-7575 | info@fas4pets.org
<http://www.FoothillsAnimalShelter.org>

Kelda (Mr.) | Cat/Domestic Short Hair | Male

ANGELS WITH PAWS SHELTER | 303-274-2264 | <http://www.angelswithpaws.net/>
<https://www.petfinder.com/petdetail/33210997>

###

VOLUNTEER OPPORTUNITIES

VOLUNTEERS & FOSTER HOMES NEEDED FOR CAT SHELTER

Angels With Paws | 2540 Youngfield St | Lakewood CO
Please contact shelter manager Sondra Bailey | 303 274 2264 |
<http://www.angelswithpaws.net/volunteering/>

###

SISTERHOOD OF THE TRAVELING PETS

Saturdays (year round) | 9:00 am - 3:00 pm | Colorado Springs/Denver
<https://www.facebook.com/sisterhoodofthetravelingpets>
Sassie Skelton | 719 482 0705

###

JOB ANNOUNCEMENTS

<https://www.usajobs.gov/>

US Forest Service Rocky Mountain Region

<https://fsoutreach.gdcii.com/Outreach/> | Visit <http://www.fs.usda.gov/main/r2/jobs>

US Forest Service Rocky Mountain Region, Del Norte, CO

Rangeland Management Technician | GS-0455-5/6/7/8/9
Contact Denise Gomez | 719 657 6034 | dmgomez@fs.fed.us by October 3

DOI, Bureau of Reclamation, Lakewood, CO

Secretary | GS-0318-7
<https://www.usajobs.gov/GetJob/ViewDetails/450819400/>

National Cancer Institute's Office of Workforce Planning and Development, Bethesda, MD

Trainer/Facilitator | GS 12/13
If interested in the position, please contact | Shannon Connolly at connollys@mail.nih.gov

US Courts, Philadelphia, PA

Clerk of Court | JS-0301-15/18
<https://www.usajobs.gov/GetJob/ViewDetails/447305100/>

National Older Worker Career Center (NOWCC) AGE 55+ | Denver, CO

Professional Support to Preparedness Unit
https://www.nowcc.org/r/positions/view.aspx?record_id=3705

Community Involvement Support

https://www.nowcc.org/r/positions/view.aspx?record_id=3712

###

KNOW YOUR GOVERNMENT ANSWER

The answer is d): The system of checks and balances goes together with the separation of powers. The Constitution was devised with an ingenious and intricate built-in system of checks and balances to guard the people's liberty against combinations of government power. It structured the Executive, Legislative, and Judiciary separate and wholly independent as to function, but coordinated for proper operation, with safeguards to prevent usurpations of power. Only by balancing each against the other two could freedom be preserved, said John Adams.

###

CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jconn@colorado.feb.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

###

Have a safe and wonderful weekend

Gay & Jeff

Gay Page | CFEB Executive Director | gpage@colorado.feb.gov

Jeff Conn | CFEB Outreach Strategist | jconn@colorado.feb.gov

Colorado Federal Executive Board (CFEB)

Denver Federal Center | Bldg. 810 Room 5014 | PO Box 25567 | Lakewood CO 80225-0567

303 202 4588 | <http://colorado.feb.gov/index.php>

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email jconn@colorado.feb.gov to subscribe or unsubscribe from CFEB email